

Treadmill Fat Loss

Challenging
Treadmill
Workouts
to Burn
Maximum
Fat



by **Shawna Kaminski** Master CTT, BKin, BEd

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Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.
Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Welcome to Treadmill Fat Loss!

I Was Wrong ☹️

I've been bashing the treadmill for years and it's not making a difference...every day I go to a commercial gym I see a sea of treadmills. And they aren't collecting dust. Rumor has it that big box gyms are actually planning a BIGGER cardio floor and less space will be devoted to other types of fitness equipment (like free weights ☺️ and machines). Every hotel gym has a treadmill. The number one piece of equipment that the 'average' person buys is a treadmill.

If I can't beat the treadmill craze, why not join it?

After all, if so many have access to a treadmill, why not provide an effective fat burning, muscle-toning workout for it?

In fact, I don't really have an issue with a treadmill at all. The issue I have with it is that 'most' folks get on it and read a magazine. Steady state cardio (hopping on the treadmill and walking or light jogging and barely breaking a sweat for 30+ minutes) is the death of fat loss and the cause of workout boredom.

Treadmill Fat Loss is different. You will NOT be reading a magazine or watching reruns of 'Friends' on it. You'll be sweating and gasping and groaning. Sound fun?

Intensity – What is RPE?

Every treadmill is a little different and in an effort to accommodate both the beginner and the advanced I've decided NOT to use 'MPH' as a tool to quantify intensity.

Instead, you'll be called upon to use a scale called '**rate of perceived exertion**'. So for each workout, instead of including 'written in stone' speeds, I'll add a 'RPE' (or rate of perceived exertion) rating.

RPE is a psycho-physiological scale, meaning it calls on the mind and body to rate your perception of effort.

The RPE scale measures feelings of effort, strain, discomfort, and/or fatigue experienced during training. Your perception of physical exertion is a subjective assessment.

How is perceived exertion measured?

The level of perceived exertion is often measured with a 15 category scale that was developed by the Swedish psychologist Gunnar Borg. To simplify matters, I've chosen to do a scale of 1-10 based on the original Borg Scale.

See below:

- 1 - No exertion at all
- 2 - Extremely light exertion
- 3 - Very light exertion
- 4 - Light exertion
- 5
- 6 - Somewhat hard exertion
- 7
- 8 - Hard (heavy) exertion
- 9 - Extremely hard exertion
- 10 - Maximal exertion

To use this scale effectively, you must understand these things:

- 1) It should be clear that perceived exertion is a method to determine the intensity of effort, strain, and/or discomfort that's felt during exercise;
- 2) When rating your perception of exertion there's no right or wrong answer for the rating.
- 3) Don't compare your performance with others – So for example, if the beginner exerciser does a 5 mph run and this is their highest intensity, then they would give themselves a 9 or 10 on the RPE scale even though 5 mph may only be a 4 on the RPE scale for the advanced exerciser. The rating is very personal by taking into account YOUR personal fitness level.

Safety!

You'll be getting on and off the treadmill regularly during every workout. Use the handrails to steady yourself and hop onto the frame while holding on. From there, if you need to get off the treadmill for an exercise set, step off from the frame. When returning to the treadmill for a running set, start by getting on the frame and then stepping back onto the deck.

You can keep the treadmill going so that when your working set off the treadmill is done, you'll be able to get back on without having to adjust the speed.

In the beginning especially, err on the side of safety with a slower deck speed until you feel coordinated enough to get back on the deck at a quick pace.

How to Use This Program

I'm all about variety with training. That's why you'll find 21 different workouts in this plan. If you chose to use three different workouts a week, this program would last you 7 weeks....

But I actually like to train MORE than three times a week, even though you can get results in as little as 60 minutes a week (3 x 20 minute workouts). My suggestion is to use these options:

- At the minimum, choose three days a week to train
- Train two days on, one day off
- Train every second day
- Use these workouts interspersed with any of my [Challenge Workouts series](#)
- Most importantly: LISTEN to YOUR body! There's NO 'one size fits all' or one right answer as to how often you should train. It depends on where you are in your fitness journey. Training every day will be too much for some and just right for others. To be honest, I train almost every day (or do something active) and take a day of rest when my body tells me I need one. The beauty with all the Challenge Workouts is that they are SHORT. They will NOT elicit a 'fat storing' hormonal response, they'll boost your metabolism for increased fat burning and they'll increase your fitness level.

So, decide what's right for you. Cycle through the Treadmill Fat Loss workouts. They can be done in ANY order because YOU are in charge of the intensity.

Timing

Most treadmills have a built in timer, but it gets tricky timing your sets using the timer on the treadmill. I suggest getting a timer, my favorite is the Gymboss timer because it's hands free - I can clip it to my t-shirt and it will either vibrate or beep (or both).

A Word About Warming Up...

It goes without saying that you need to be fully warmed up before any workout. While most folks will head directly to the treadmill, I'd like you to take 2 minutes to do a FULL BODY warm up BEFORE hitting the treadmill, then get onto the treadmill for another 2-3 minutes warm up

Go through this superset using a slow tempo for each exercise. Do not rest.

- Leg Swings – 10 reps per side
- Arm swings – 10 rotations forward/10 rotations backward
- 20 Calf raises on the back of the treadmill
- Reverse Lunge – 5 reps per side
- Spiderman Climb – 5 reps per side
- Close-Grip Pushups – 10 reps

Then jump onto the treadmill for 2 minutes easy walk/jog at RPE level 3.

Cool Your Jets

After your workout, you'll want to slow things down, hop back onto the treadmill for 2 minutes easy walk/jog at RPE level 3.

Also add some gentle stretches after this. Make sure to stretch your calves out in particular. Stand on a stair and let your heels drop. Do NOT bounce. Let gravity do the work on the calf stretches or any passive stretch for that matter.

On with the workouts!

#1 Rotisserie

Set your timer for 1 min repeats (some of your planking time will be used to actually get into the plank position)

- 1 min forward run RPE 6
- 1 min Front plank
- 1 min forward run RPE 6
- 1 min Side plank
- 1 min forward run RPE 6
- 1 min Side plank (other side)

Repeat circuit three times, each subsequent set, increase your RPE to 7 and 8 respectively.

#2 The Non-Treadmill Workout

Try 30 seconds of each exercise or 10 reps if you don't have a stopwatch. You will NOT even have the treadmill on for this workout.

Repeat two more times (3 circuits in all).

- Inverted row (from rail or handle)
- Decline push up (feet on the deck)
- 10 Treadmill Burpees (hands to the deck)

- Incline push up (hands on the deck)
- Dip (hands on the deck) OR a get up (high plank/low plank) on the floor
- 10 Treadmill Burpees (hands to the deck)

- Bulgarian split squat left (back foot on the deck)
- Bulgarian split squat right (back foot on the deck)
- 10 Treadmill Burpees (hands to the deck)

- Squat lateral leg lift left (one foot on treadmill deck)
- Squat lateral leg lift right (one foot on treadmill deck)
- 10 Treadmill Burpees (hands to the deck)

- Calf raises
- Wind shield wiper abs
- 10 Treadmill Burpees (hands to the deck)

Repeat

#3 Keep on Pushin'

Use the timer on the treadmill to time your treadmill sets:

- 1) 2 minutes forward run RPE 4
- 2) 1 minute forward run RPE 8 (slow the treadmill down to your RPE pace before hopping off)
- 3) 20 push ups
- 4) 2 minutes forward run RPE 4
- 5) 1 minute forward run RPE 8 (slow the treadmill down to your RPE pace before hopping off)
- 6) 10 per leg spider crawls
- 7) 2 minutes forward run RPE 4
- 8) 1 minute forward run RPE 8 (slow the treadmill down to your RPE pace before hopping off)
- 9) 20 bodyweight squats

Repeat entire circuit.

#4 Down the Ladder

Set your timer for 20 minutes. Get done as much work as you can in that time.

Start with 1 min forward run RPE 7, then do:

- 10 decline push ups
- 10 prisoner squats
- 10 per leg plank alternate leg lifts

Repeat 1 min forward run RPE 7, then do:

- 9 decline push ups
- 9 prisoner squats
- 9 per leg plank alternate leg lifts

Continue pattern until you get to:

1 min forward run RPE 7, then do:

- 1 decline push ups
- 1 prisoner squats
- 1 per leg plank alternate leg lifts

#5 Three for the Road

Do the following AMRAP style for 15-20 minutes, rest when necessary:

- 30 second sprint RPE 8 (Get off the treadmill safely)
- 3 reverse prisoner lunges per leg
- 3 per side single leg RDL
- 3 push ups
- 30 second plank hold

#6 NO Sittin' Around

Set your timer for 1 min work/10 seconds transition for 21 sets:

- Forward run RPE 5
- Wall sit stick up
- Inverted row

- Forward run RPE 6
- Wall sit stick up
- Inverted row

- Forward run RPE 7
- Wall sit stick up
- Inverted row

- Forward run RPE 8
- Wall sit stick up
- Inverted row

- Forward run RPE 7
- Wall sit stick up
- Inverted row

- Forward run RPE 6
- Wall sit stick up
- Inverted row

- Forward run RPE 5
- Wall sit stick up
- Inverted row

#7 Double Down

Set your timer for 20 minutes. Get as much work done as possible, if you count down to 1 rep and have time remaining, start to count back up the ladder. All exercises are done on the floor. Change the treadmill speed as quickly as you can.

Count down the following exercises:

- Forward run 1 min RPE 7
- 10 wall sit stick ups
- 10 prisoner squats
- Forward run 30 seconds RPE 9
- 10 spiderman push ups (per side)
- 10 prisoner squats

- Forward run 1 min RPE 7
- 9 wall sit stick ups
- 9 prisoner squats
- Forward run 30 seconds RPE 9
- 9 spiderman push ups (per side)
- 9 prisoner squats

Work down to:

- Forward run 1 min RPE 7
- 1 wall sit stick ups
- 1 prisoner squats
- Forward run 30 seconds RPE 9
- 1 spiderman push ups (per side)
- 1 prisoner squats

Go back up the ladder if you have time.

#8 Plank Run Down

Do the following AMRAP style for 20 minutes:

No incline for this set:

- Forward run 1 min RPE 5
- Forward run 30 seconds RPE 8
- Forward run 1 min RPE 6
- 10 per side shoe touches
- 10 per side plank alternate leg lifts

Increase incline by 50%:

- Forward run 1 min RPE 5
- Forward run 30 seconds RPE 8
- Forward run 1 min RPE 6
- 10 per side plank reach
- 10 per side plank alternate leg lifts

Increase incline by 50%:

- Forward run 1 min RPE 5
- Forward run 30 seconds RPE 8
- Forward run 1 min RPE 6
- 1 min side plank
- 1 min other side plank

Repeat sets, increasing and decreasing the deck incline as noted.

#9 Man Up

Set your timer for 20 minutes. Get as much work done as possible, if you count down to 1 rep and have time remaining, start to count back up the ladder. *Your walk/jog is your active recovery on the treadmill.

- Start with 1 minute of walk/jog at RPE 4 then do:
 - 10 decline push ups (or regular push ups)
 - 10 burpees
 - 10 prisoner lunges (per leg)

- Repeat 1 minute of walk/jog at RPE 4 then do:
 - 9 decline push ups
 - 9 burpees
 - 9 prisoner lunges (per leg)

- Continue 1 minute of walk/jog at RPE 4 until you get to:
 - 1 decline push up
 - 1 burpee pull up
 - 1 prisoner lunge (per leg)

#10 Burpee Sprint

Your hardest sets will be the burpee set and your recovery will be on the treadmill. If you can increase the intensity on your burpee, to include a burpee with a push up or even a burpee pull up, then do it!

10 burpees

1 min forward walk/jog RPE 4 (recovery)

Repeat for 10 sets

*Time this workout and beat your time the next time you try it!

#11 Quad Punisher

You will basically repeat set 1 six times and change the incline each time.

Set 1

1 minute forward walk/jog RPE 4

30 seconds squats (feet on side of deck)

30 seconds squat pulse (feet on side of deck)

30 seconds forward sprint RPE 8

30 seconds forward walk/jog RPE 3

Set 2

Increase incline by 50%

Repeat set 1

Set 3

Increase incline by 50%

Repeat set 1

Repeat sets 1-3 (do six sets total)

* Want more intensity? Up your RPE to 6-7 for the first minute and add a fourth round.

#12 Upper Body BAM

Set your timer for 20 minutes, go through this set as many times as you can.

- 10 inverted rows (feet on frame) (do wall sit stick ups if this isn't possible)
- 10 decline push ups (feet on frame)
- Forward run 1 min RPE 5
- Forward run 1 min RPE 7
- Forward sprint 30 seconds RPE 9
- Forward run 1 min RPE 5

Repeat for 20 minutes

#13 Pyramid Plank Run

The plank will be your recovery phase. Change the speed of the treadmill as quickly as possible. Alternate from run to plank, some of the minute planking time will be spent getting into position. Do one minute of each:

Forward run RPE 6
Plank

Forward run RPE 7
Plank

Forward run RPE 8
Plank

Forward run RPE 9
Plank

Forward run RPE 10
Plank

Forward run RPE 9
Plank

Forward run RPE 8
Plank

Forward run RPE 7
Plank

Forward run RPE 6
Plank

Change of Pace

The following eight workouts are a change of pace in that you'll add things like side shuffles and backwards running on the treadmill.

A word of caution: This takes some time and practice to feel comfortable and confident enough to push yourself doing these different moves on the treadmill without falling off. Make sure that you keep the deck moving slowly and use the handrails at first.

#14 Prisoner Dash

Set your timer for 1 min/30 seconds

- 1 min forward run RPE 6
- 30 second prisoner squat (feet on the frame)
- 1 min side shuffle left RPE 6
- 30 second prisoner squat (feet on the frame)
- 1 min side shuffle right RPE 6
- 30 second prisoner squat (feet on the frame)
- 1 min walk recovery RPE 3

- 1 min forward run RPE 6
- 30 second pulsing squat (feet on the frame)
- 1 min side shuffle left RPE 6
- 30 second pulsing squat (feet on the frame)
- 1 min side shuffle right RPE 6
- 30 second pulsing squat (feet on the frame)
- 1 min walk recovery RPE 3

Repeat

#15 To the Left, To the Left

Set your timer for 20 minutes, go through this set as many times as you can. Incline the deck as much as possible.

- Side shuffle 1 min left leg leading RPE 5
- 10 squat lateral leg lifts left leg on treadmill
- Side shuffle 1 min right leg leading RPE 5
- 10 squat lateral leg lifts right leg on treadmill
- Backwards walk/jog 1 min RPE 5
- 10 prisoner squats + 10 squat pulses (feet on sides of deck)

Repeat for 20 minutes.

#16 Merry Go Round

Set your timer for 20 minutes, go through this set as many times as you can.

- forward run 1 min RPE 5
- 10 prisoner squats (feet on side of deck)
- side shuffle left 1 min RPE 5
- side shuffle right 1 min RPE 5
- 10 decline push ups (feet on the front or side of deck)
- backward run 1 min RPE 5

Repeat for 20 minute

#17 Walk This Way

Set your timer for 20 minutes and get done as much as possible.

Keep the treadmill fairly slow (2.0 mph) for the lunges and faster for the backwards jog. Incline the deck as much as possible. Use the timer on the treadmill for the timed sets:

- 10 Treadmill burpees (hands to frame)
- 1 min walking lunges
- 10 squat lateral leg lift left (one foot on treadmill frame)
- 10 squat lateral leg lift right (one foot on treadmill frame)
- 1 min backwards jog RPE 5

Repeat set for 20 minutes, make sure to do equal reps for right and left squat lateral leg lifts if time runs out.

#18 Run Around

Set your timer for 2 minutes of work/1 minute of work:

- Forward run RPE 7 - 2 minutes
- Prisoner squats 30 seconds + pulse squat 30 seconds

- Backward run RPE 7 - 2 minutes
- Push up shoulder touch 30 seconds + plank hold 30 seconds

- Side shuffle RPE 7 - 2 minutes
- Side plank 30 seconds

- Side shuffle (other side) RPE 7 - 2 minutes
- Side plank (other side) 30 seconds

Repeat one more time

#19 Shuffle Up

Set your timer for 2 minute repeats. This is a FUW set. FUW means 'finish up with'. You will do the required reps of the first exercise and FUW on the treadmill. Incline the treadmill as much as possible for this workout.

- Floor 10 lateral lunges left
- FUW side shuffle (left leg closest to console) RPE 7

- Floor 10 lateral lunges right
- FUW side shuffle (right leg closest to console) RPE 7

- 10 decline push ups on the frame
- FUW backward run RPE 6

- 10 per leg walking lunges on deck of treadmill (keep the mph slow)
- FUW backward run RPE 6

- Repeat

#20 Bulgarian Runner

Set your timer for 2 minute repeats. This is a FUW set. FUW means 'finish up with'. You will do the required reps of the first exercise and FUW on the treadmill. Incline the treadmill as much as possible for this workout.

- 10 Bulgarian split squat prisoner arm position (right back foot on treadmill frame)
- FUW forward run RPE 7

- 10 Bulgarian split squat prisoner arm position (left back foot on treadmill frame)
- FUW forward run RPE 7

- 10 Incline push ups on the frame
- FUW backward run RPE 6

- 10 per arm gets ups (on the floor)
- FUW backward run RPE 6

- Repeat

#21 Backwards Pyramid Plank Run

The plank will be your recovery phase. Change the speed of the treadmill as quickly as possible. Alternate from run to plank, some of the minute planking time will be spent getting into position. Do one minute of each:

Backward run RPE 5

Plank

Side shuffle RPE 6

Plank

Other side shuffle RPE 6

Plank

Forward run RPE 8

Plank

Backward run RPE 5

Plank

Side shuffle RPE 6

Plank

Other side shuffle RPE 6

Plank

Forward run RPE 8

Plank

Printable Workouts

- Print these off and put in a plastic sleeve for re-use.
- You can place on the console of the treadmill for easy reference.

Warm up

Go through this superset using a slow tempo for each exercise. Do not rest.

- Leg Swings – 10 reps/side
- Arm swings – 10 frwd/10 bkwd
- 20 Calf raises
- Rev Lunge – 5 reps/side
- Spiderman Climb – 5 reps/side
- 10 Close-Grip Pushups

Then jump onto the treadmill for 2 minutes easy walk/jog at RPE level 3.

#1 Rotisserie

Set your timer for 1 min repeats (some of your planking time will be used to actually get into the plank position)

- 1 min forward run RPE 6
- 1 min Front plank
- 1 min forward run RPE 6
- 1 min Side plank
- 1 min forward run RPE 6
- 1 min Side plank (other side)

Repeat circuit three times.

Each subsequent set, increase your RPE to 7 and 8 respectively.

#2 The Non-Treadmill Workout

Try 30 seconds of each exercise or 10 reps if you don't have a stopwatch. You will NOT even have the treadmill on for this workout.

Repeat two more times (3 circuits in all).

- **Inverted row** (from rail or handle)
- **Decline push up**
- **10 Treadmill Burpees**
(hands to the deck)

- **Incline push up**
- **Dip (or get ups)**
- **10 Treadmill Burpees**

- L - Bulgarian split squat
(back foot on the deck)
- R - Bulgarian split squat
- 10 Treadmill Burpees

- Squat lateral leg lift left
(one foot on treadmill deck)
- Squat lateral leg lift right
- 10 Treadmill Burpees

- Calf raises
- Wind shield wiper abs
- 10 Treadmill Burpees

Repeat

#3 Keep on Pushin'

Use the timer on the treadmill to time your treadmill sets:

- 2 min forward run RPE 4
- 1 min forward run RPE 8
(slow the treadmill down to your RPE pace before hopping off)
- 20 push ups
- 2 min forward run RPE 4
- 1 min forward run RPE 8
- 10 per leg spider crawls
- 2 min forward run RPE 4
- 1 min forward run RPE 8
- 20 bodyweight squats

Repeat entire circuit.

#4 Down the Ladder

Set your timer for 20 minutes. Get done as much work as you can in that time.

Start with 1 min forward run RPE 7, then do:

- 10 decline push ups
- 10 prisoner squats
- 10/leg plank alt leg lifts

Repeat 1 min forward run RPE 7, then do:

- 9 decline push ups
- 9 prisoner squats
- 9/leg plank alt leg lifts

Continue pattern until you get to:

1 min forward run RPE 7, then do:

- 1 decline push ups
- 1 prisoner squats
- 1/leg plank alt leg lifts

#5 Three for the Road

Do the following AMRAP style for 15-20 minutes, rest when necessary:

- 30 sec sprint RPE 8
- 3/leg rev prisoner lunges
- 3/side single leg RDL
- 3 push ups
- 30 sec plank hold

Repeat for 15-20 min

#6 NO Sittin' Around

Set your timer for 1 min work/10 seconds transition for 21 sets:

- Forward run RPE 5
- Wall sit stick up
- Inverted row

- Forward run RPE 6
- Wall sit stick up
- Inverted row

- Forward run RPE 7
- Wall sit stick up
- Inverted row

- Forward run RPE 8
- Wall sit stick up
- Inverted row

- Forward run RPE 7
- Wall sit stick up
- Inverted row

- Forward run RPE 6
- Wall sit stick up
- Inverted row

- Forward run RPE 5
- Wall sit stick up
- Inverted row

#7 Double Down

Set your timer for 20 minutes. Get as much work done as possible, if you count down to 1 rep and have time remaining, start to count back up the ladder. All exercises are done on the floor. Change the treadmill speed as quickly as you can.

Count down the following exercises:

- Fwd run 1 min RPE 7
- 10 wall sit stick ups
- 10 prisoner squats
- Fwd run 30 sec RPE 9
- 10 spiderman push ups
(per side)
- 10 prisoner squats

- Fwd run 1 min RPE 7
- 9 wall sit stick ups
- 9 prisoner squats
- Fwd run 30 sec RPE 9
- 9 spiderman push ups
- 9 prisoner squats

Work down to:

- Fwd run 1 min RPE 7
- 1 wall sit stick ups
- 1 prisoner squats
- Fwd run 30 sec RPE 9
- 1 spiderman push ups
- 1 prisoner squats

Go back up the ladder if you have time.

#8 Plank Run Down

Do the following AMRAP style for 20 minutes:

No incline for this set:

- Fwd run 1 min RPE 5
- Fwd run 30 sec RPE 8
- Fwd run 1 min RPE 6
- 10/side shoe touches
- 10/side plank alt leg lifts

Increase incline by 50%:

- Fwd run 1 min RPE 5
- Fwd run 30 sec RPE 8
- Fwd run 1 min RPE 6
- 10/side plank reach
- 10/side plank alt leg lifts

Increase incline by 50%:

- Fwd run 1 min RPE 5
- Fwd run 30 sec RPE 8
- Fwd run 1 min RPE 6
- 1 min side plank
- 1 min other side plank

Repeat sets, increasing and decreasing the deck incline as noted.

#9 Man Up

Set your timer for 20 minutes. Get as much work done as possible, if you count down to 1 rep and have time remaining, start to count back up the ladder. *Your walk/jog is your active recovery on the treadmill.

- Start with 1 min walk/jog
RPE 4
- 10 decline push ups
- 10 burpees
- 10/leg prisoner lunges

- Repeat 1 min walk/jog
RPE 4
- 9 decline push ups
- 9 burpees
- 9/leg prisoner lunges

- Continue 1 min walk/jog
RPE 4
- 1 decline push up
- 1 burpee pull up
- 1/leg prisoner lunge

#10 Burpee Sprint?

Your hardest sets will be the burpee set and your recovery will be on the treadmill. If you can increase the intensity on your burpee, to include a burpee with a push up or even a burpee pull up, then do it!

10 burpees

1 min fwd walk/jog RPE 4
(recovery)

Repeat for 10 sets

*Time this workout and beat your time the next time you try it!

#11 Quad Punisher

You will basically repeat set 1 six times and change the incline each time.

Set 1

1 min fwd walk/jog RPE 4

30 sec squats

30 sec squat pulse

30 sec fwd sprint RPE 8

30 sec fwd walk/jog RPE 3

Set 2

Increase incline by 50%

Repeat set 1

Set 3

Increase incline by 50%

Repeat set 1

Repeat sets 1-3 (do six sets total)

#12 Upper Body BAM

Set your timer for 20 minutes, go through this set as many times as you can.

- 10 inverted rows (or wall sit stick ups)
- 10 decline push ups
- Fwd run 1 min RPE 5
- Fwd run 1 min RPE 7
- Fwd sprint 30 sec RPE 9
- Fwd run 1 min RPE 5

Repeat for 20 minutes

#13 Pyramid Plank Run

The plank will be your recovery phase. Change the speed of the treadmill as quickly as possible.

Alternate from run to plank, some of the minute planking time will be spent getting into position. Do one minute of each:

Forward run RPE 6

Plank

Forward run RPE 7

Plank

Forward run RPE 8

Plank

Forward run RPE 9

Plank

Forward run RPE 10
Plank

Forward run RPE 9
Plank

Forward run RPE 8
Plank

Forward run RPE 7
Plank

Forward run RPE 6
Plank

#14 Prisoner Dash

Set your timer for 1 min/30 seconds

- 1 min forward run RPE 6
 - 30 second prisoner squat (feet on the frame)
 - 1 min side shuffle left RPE 6
 - 30 second prisoner squat
 - 1 min side shuffle right RPE 6
 - 30 second prisoner squat
 - 1 min walk recovery RPE 3
-
- 1 min forward run RPE 6
 - 30 second pulsing squat
 - 1 min side shuffle left RPE 6
 - 30 second pulsing squat
 - 1 min side shuffle right RPE 6
 - 30 second pulsing squat
 - 1 min walk recovery RPE 3

Repeat

#15 To the Left, To the Left

Set your timer for 20 minutes, go through this set as many times as you can. Incline the deck as much as possible.

- Side shuf 1 min lead L
RPE 5
- 10 squat lat leg lifts L leg
- Side shuf 1 min lead R
RPE 5
- 10 squat lat leg lifts R leg
- Bckwds jog 1 min RPE 5
- 10 prisoner squats + 10
squat pulses (feet on sides of deck)

Repeat for 20 minutes.

#16 Merry Go Round

Set your timer for 20 minutes, go through this set as many times as you can.

- fwd run 1 min RPE 5
- 10 prisoner squats
- side shuf left 1 min RPE 5
- side shuf right 1 min RPE 5
- 10 decline push ups
- bckwd run 1 min RPE 5

Repeat for 20 minutes.

#17 Walk This Way

Set your timer for 20 minutes and get done as much as possible.

Keep the treadmill fairly slow (2.0 mph) for the lunges and faster for the backwards jog. Incline the deck as much as possible. Use the timer on the treadmill for the timed sets:

- 10 Treadmill burpees
- 1 min walking lunges
- 10 squat lat leg lift left
- 10 squat lat leg lift right
- 1 min bkwds jog RPE 5

Repeat set for 20 minutes, make sure to do equal reps for right and left squat lateral leg lifts if time runs out.

#18 Run Around

Set your timer for 2 minutes of work/1 minute of work:

- 2 min Frwd run RPE 7
- Prisoner squats 30 sec + pulse squat 30 sec

- 2 min Bkwd run RPE 7
- Push up shoulder touch 30 sec + plank hold 30 sec

- 2 min Side shuf RPE 7
- Side plank 30 sec

- 2 min Side shuf RPE 7
- Side plank 30 sec

Repeat one more time

#19 Shuffle Up

Set your timer for 2 minute repeats. This is a FUW set. FUW means 'finish up with'. You will do the required reps of the first exercise and FUW on the treadmill. Incline the treadmill as much as possible for this workout.

- Floor 10 lateral lunges left
- FUW side shuffle RPE 7
(left leg closest to console)

- Floor 10 lateral lunges right
- FUW side shuffle RPE 7
(right leg closest to console)

- 10 decline push ups
- FUW backwd run RPE 6

- **10/leg walking lunges** on
deck of treadmill -slow mph
- **FUW backwd run RPE 6**

Repeat

#20 Bulgarian Runner

Set your timer for 2 minute repeats. This is a FUW set. FUW means 'finish up with'. You will do the required reps of the first exercise and FUW on the treadmill. Incline the treadmill as much as possible for this workout.

- 10 Bulgarian split squat prisoner arm position (back foot on treadmill frame)
- FUW forward run RPE 7

- 10 Bulgarian split squat prisoner arm position
- FUW forward run RPE 7

- 10 Incline push ups on the frame
- FUW backward run RPE 6

- 10 per arm gets ups (on the floor)
- FUW backward run RPE 6

- Repeat

#21 Backwards Pyramid Plank Run

The plank will be your recovery phase. Change the speed of the treadmill as quickly as possible.

Alternate from run to plank, some of the minute planking time will be spent getting into position. Do one minute of each:

Backward run RPE 5

Plank

Side shuffle RPE 6

Plank

Other side shuffle RPE 6

Plank

Forward run RPE 8

Plank

Backward run RPE 5
Plank

Side shuffle RPE 6
Plank

Other side shuffle RPE 6
Plank

Forward run RPE 8
Plank